

Parenting IS Prevention

Karol L. Kumpfer, Ph.D.

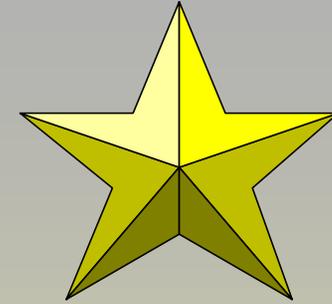
University of Utah,

Department of Health Promotion and Education

Former Director, Center for Substance Abuse Prevention



CSAP's Mission



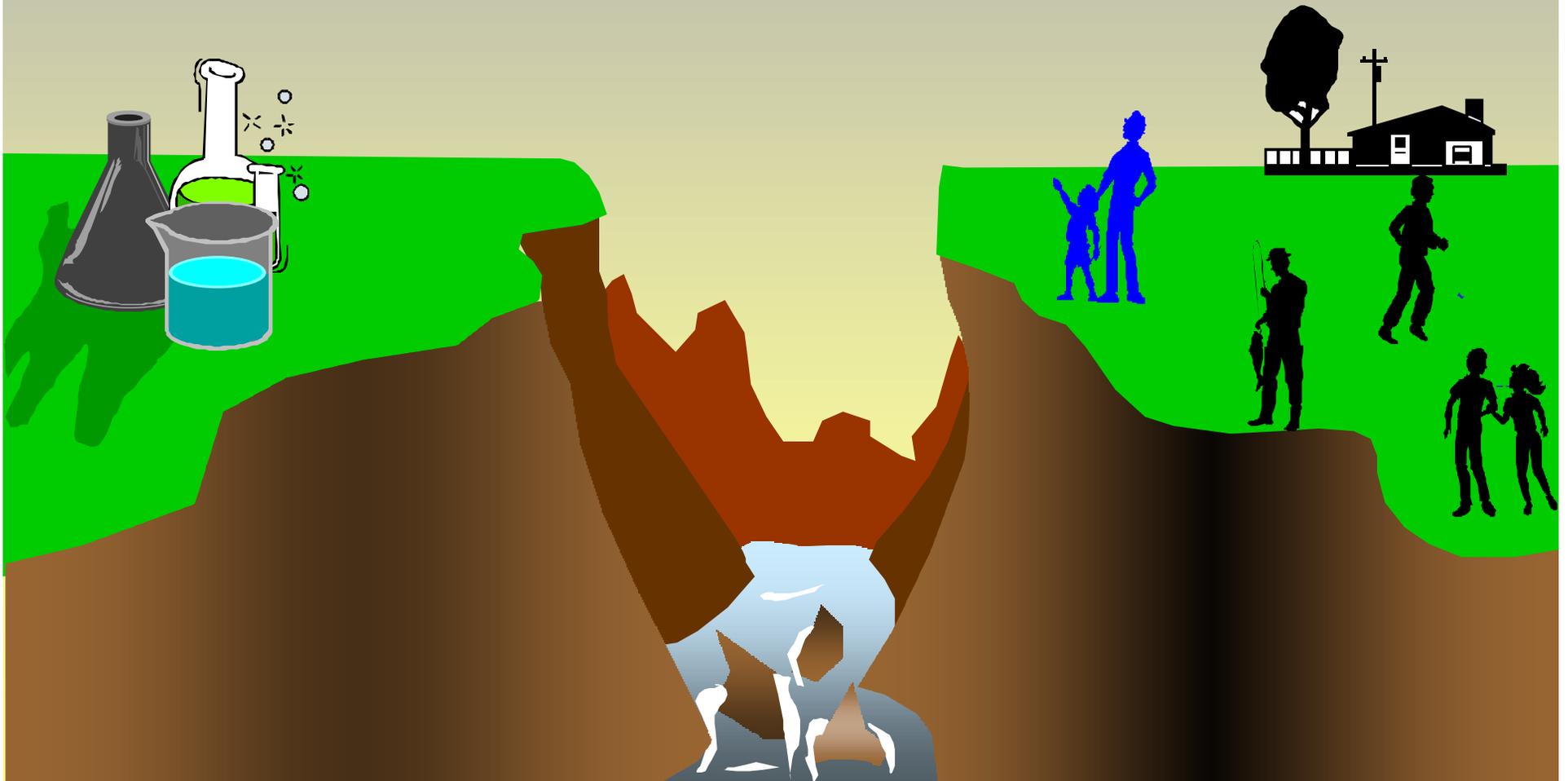
To Decrease Substance Use & Abuse and Related Problems Among the American Public Through:

- **Bridging the gap between research and practice**
- **Field-testing scientifically defensible programs**
- **Disseminating comprehensive, culturally appropriate prevention strategies, policies, and systems**
- **Capacity-building for states and community-based providers**

The Great Disconnect

Research

Practice



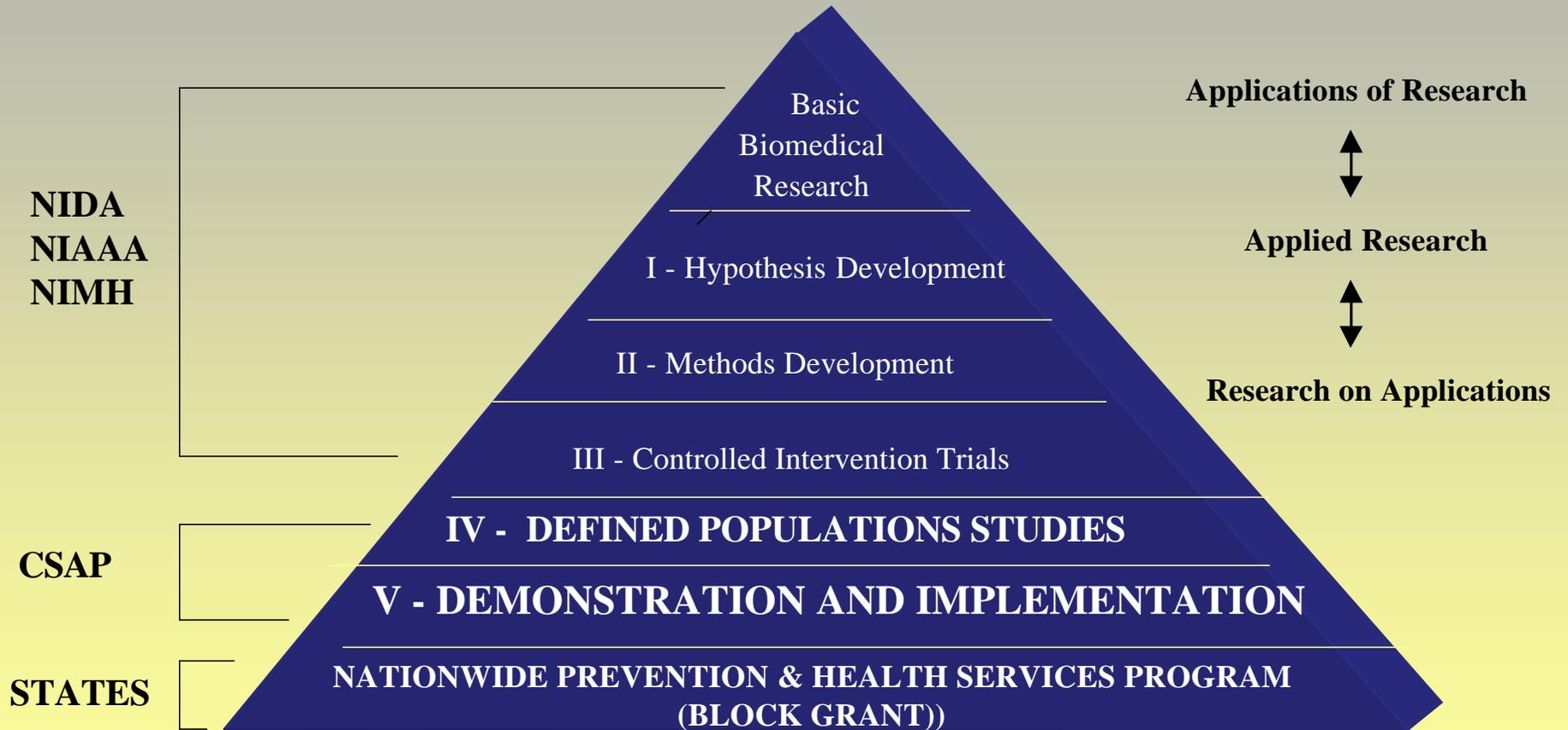
CSAP's Vision for the Future

Research

Practice



Continuum of Substance Abuse Prevention Research



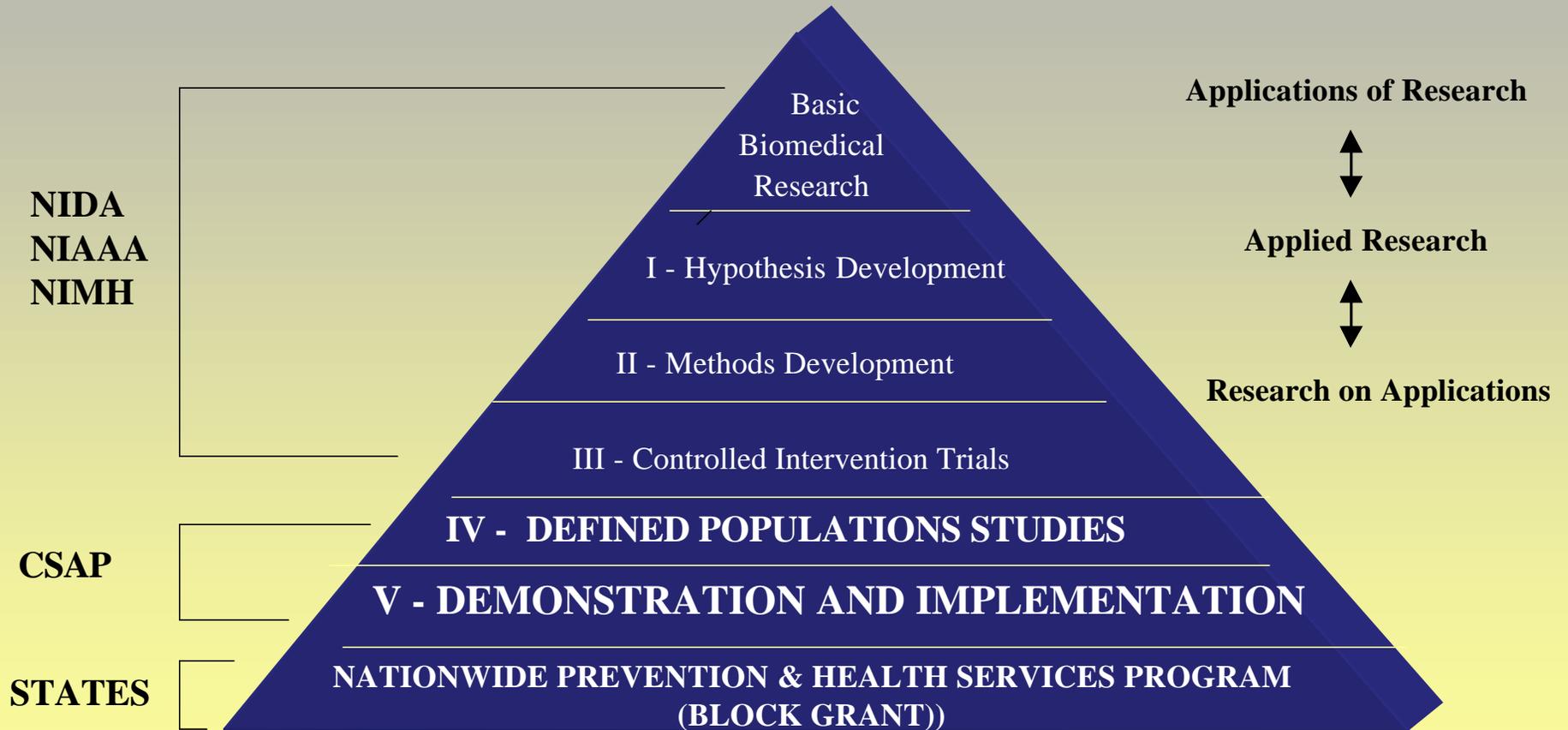
Sources: Jansen, Glynn & Howard, 1996; Greenwald and Cullen, 1995







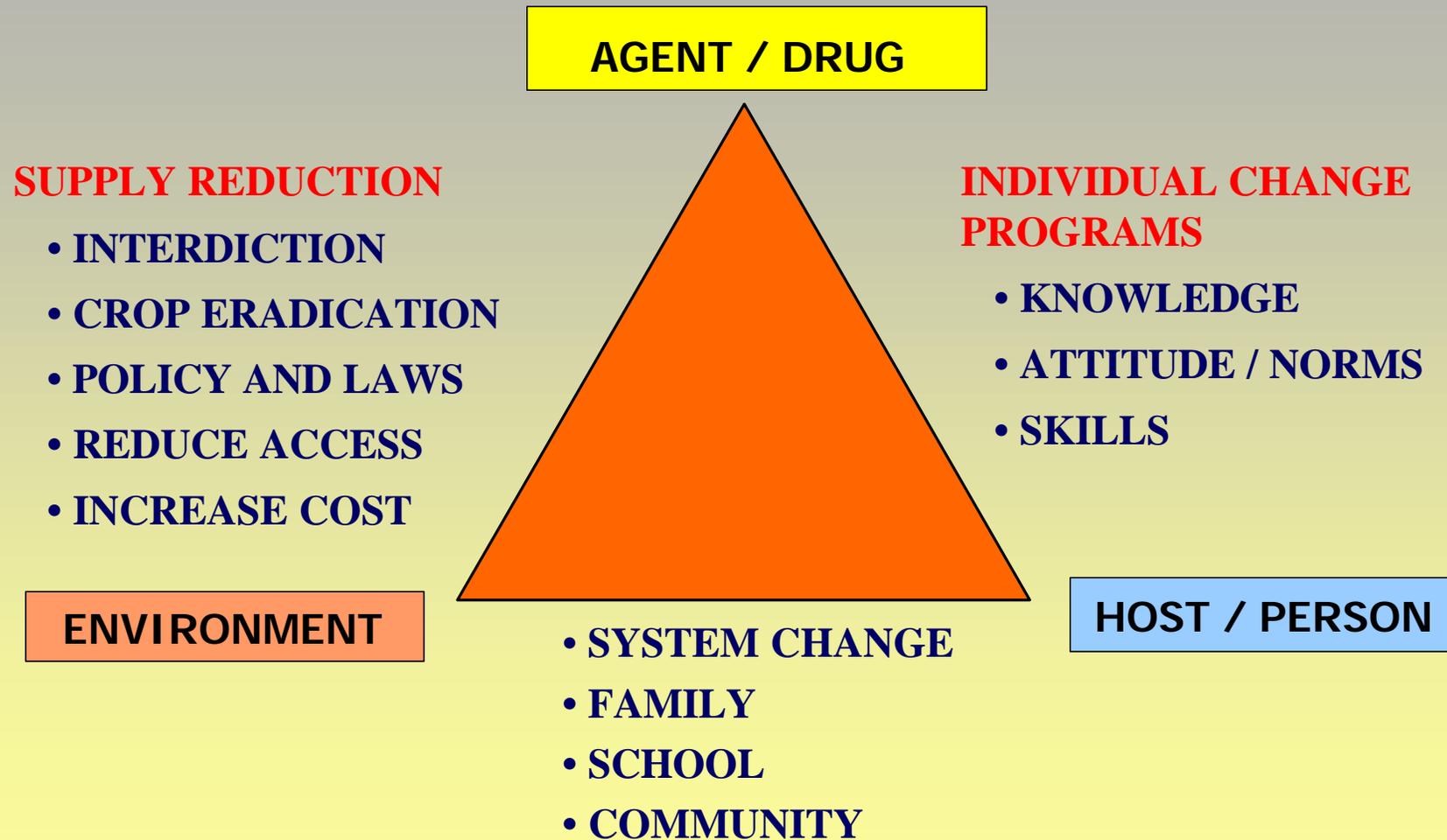
Continuum of Substance Abuse Prevention Research



Sources: Jansen, Glynn & Howard, 1996; Greenwald and Cullen, 1995

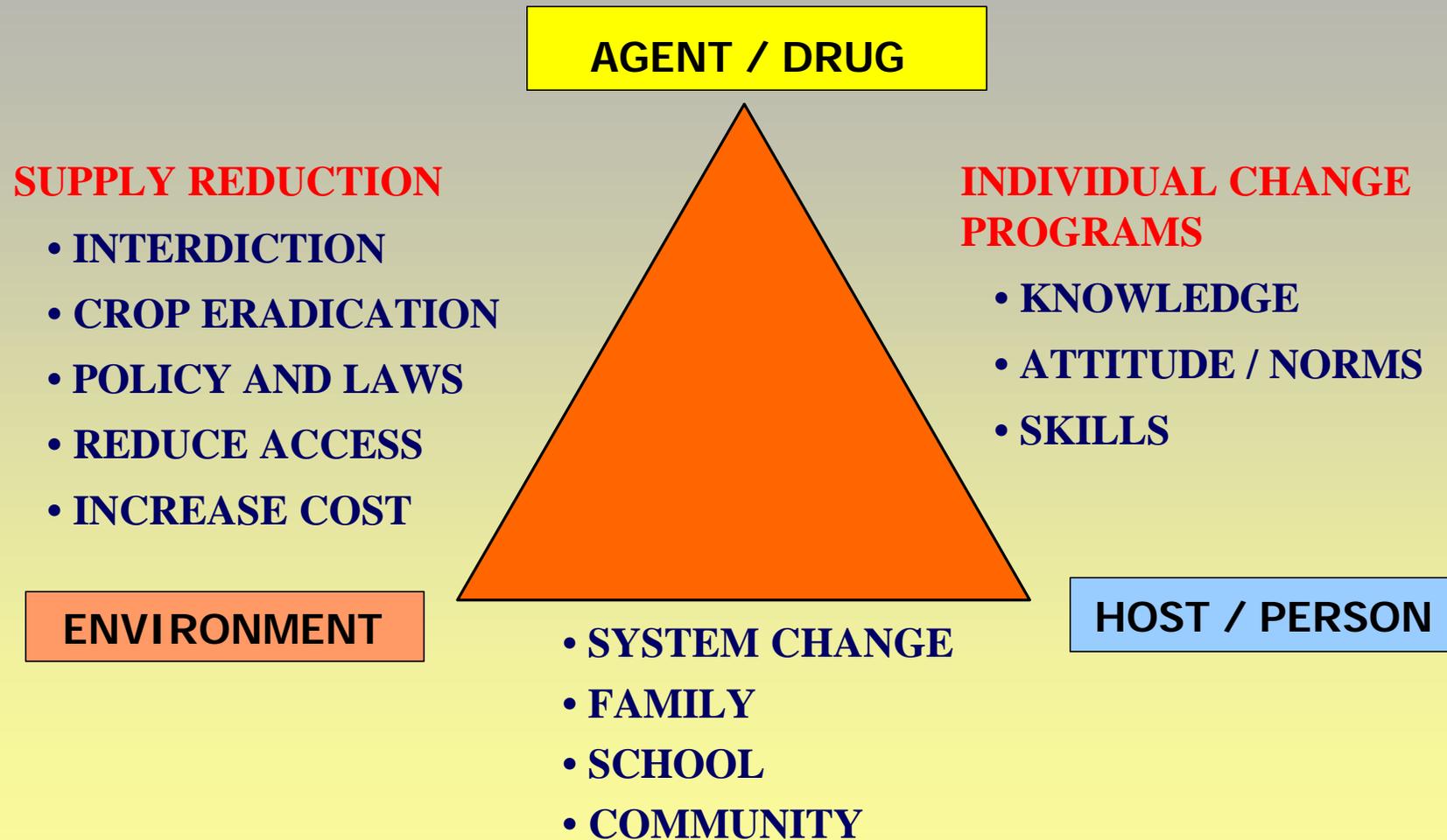


Public Health Model Triangle

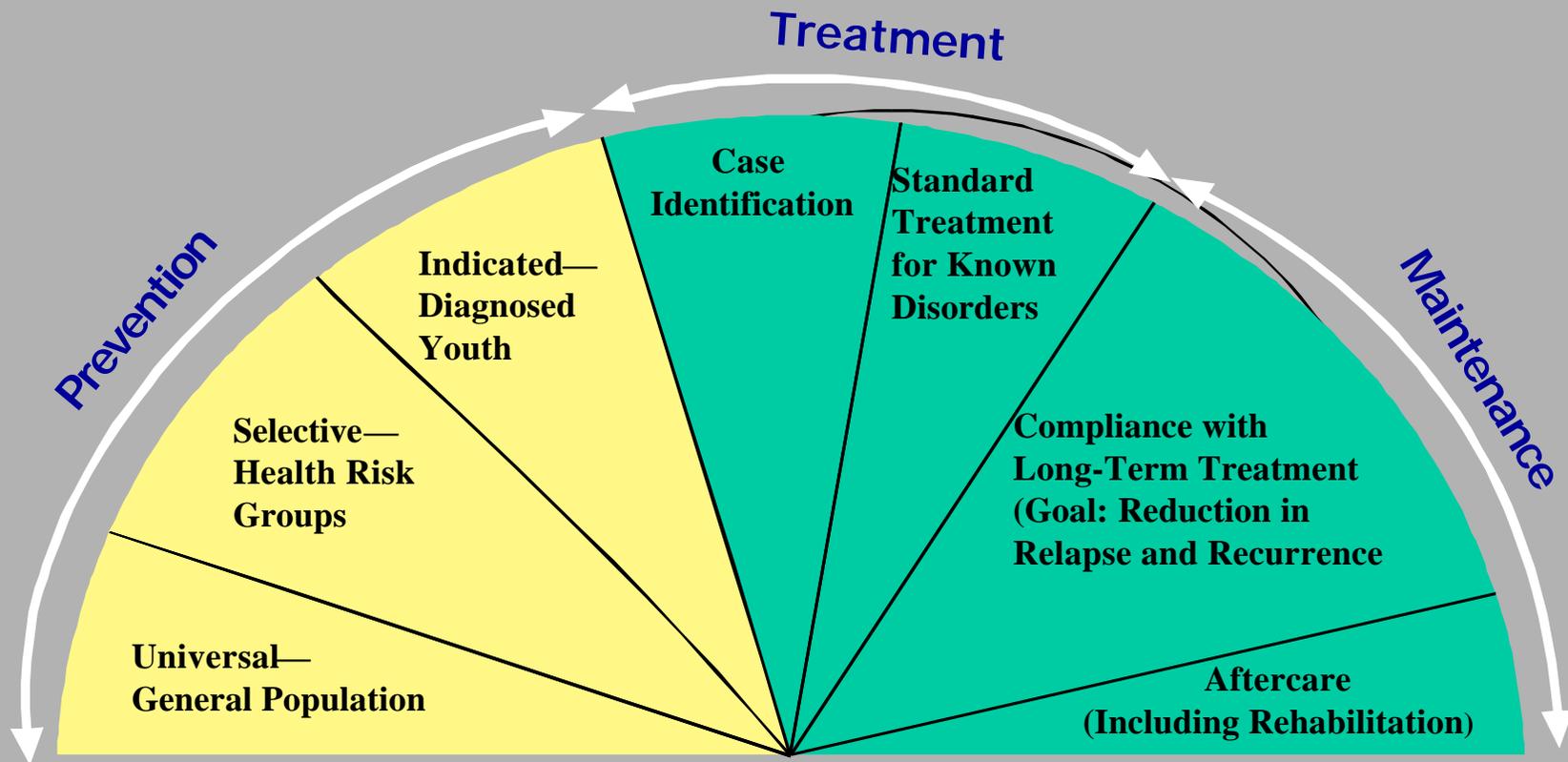




Public Health Model Triangle



The Intervention Spectrum for Behavioral Disorders



Source: Mrazek, P.J. and Haggerty, R.J. (eds.), *Reducing Risks for Mental Disorders*, Institute of Medicine, Washington, DC: *National Academy Press*, 1994.

Family and Parenting Program Approaches

- **Focus on Children at High Risk for Substance Abuse**
 - **Alcoholism or Drug Abuse Runs in the Family?**

Family and Parenting Program Approaches

- **Focus on Special Families**
 - **Adoptive Families**
 - **Foster Families**
 - **Divorcing Parents**
 - **Step-Parents, Step-Families**

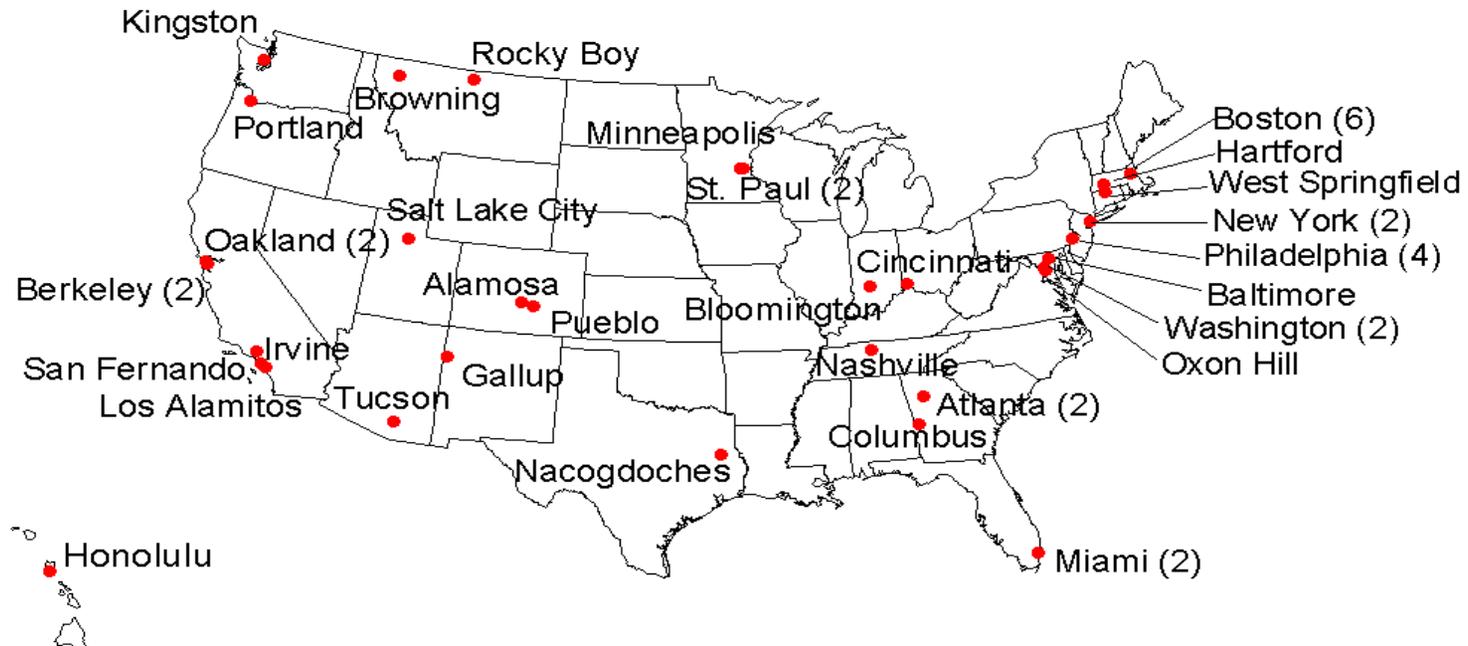
Family and Parenting Program Approaches

- **Focus on Children with Diagnosed Problem**
 - **Hyperactivity**
 - **Conduct Disorders**
 - **School Failure**

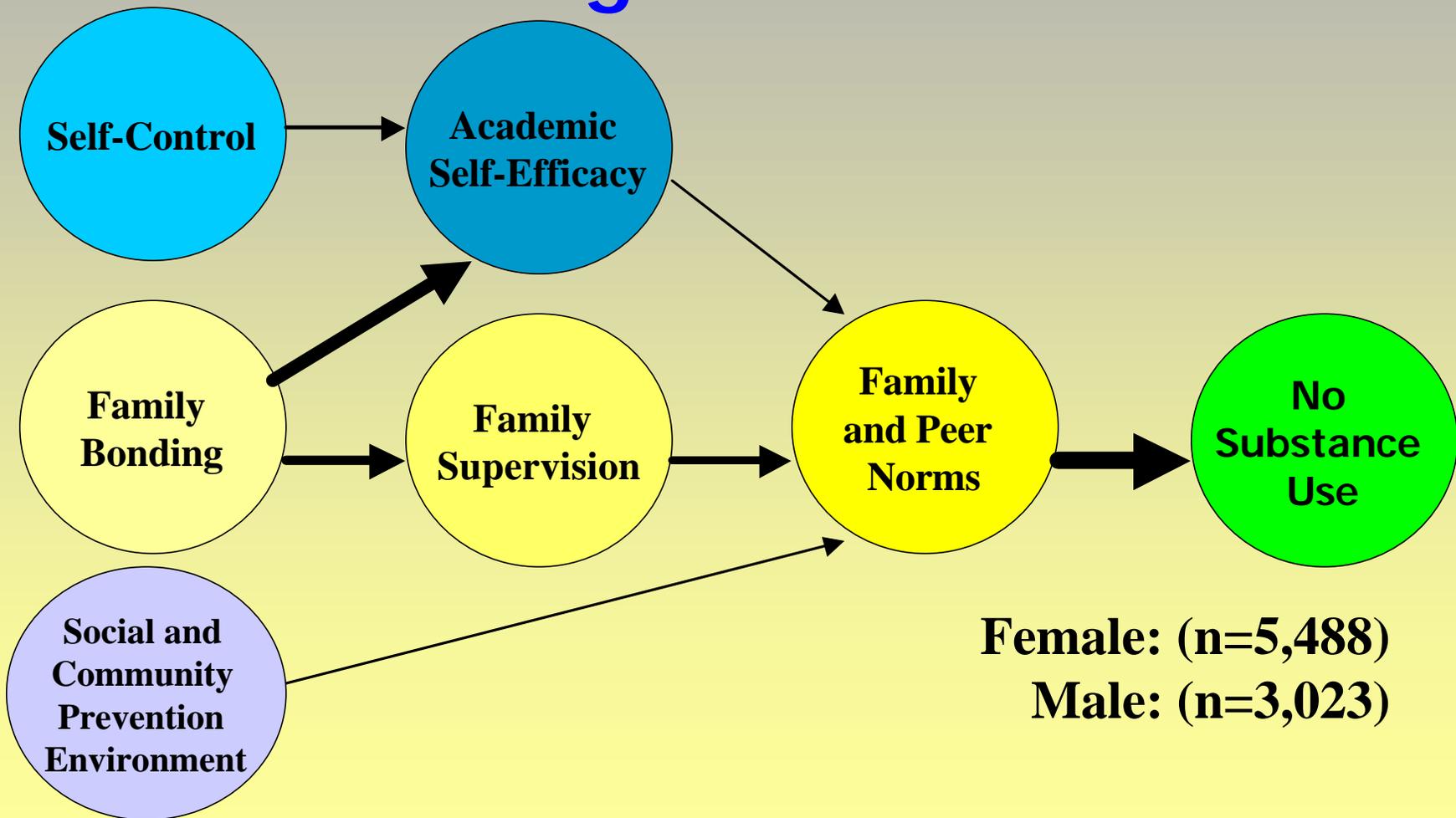
High Risk Youth Cross-Site Study



49 Sites
10,580 (9-17) yrs. old
47% (11-12) yrs. old
62% Black and/or Hispanic



Pathways to Preventing Substance Use for High Risk Youth



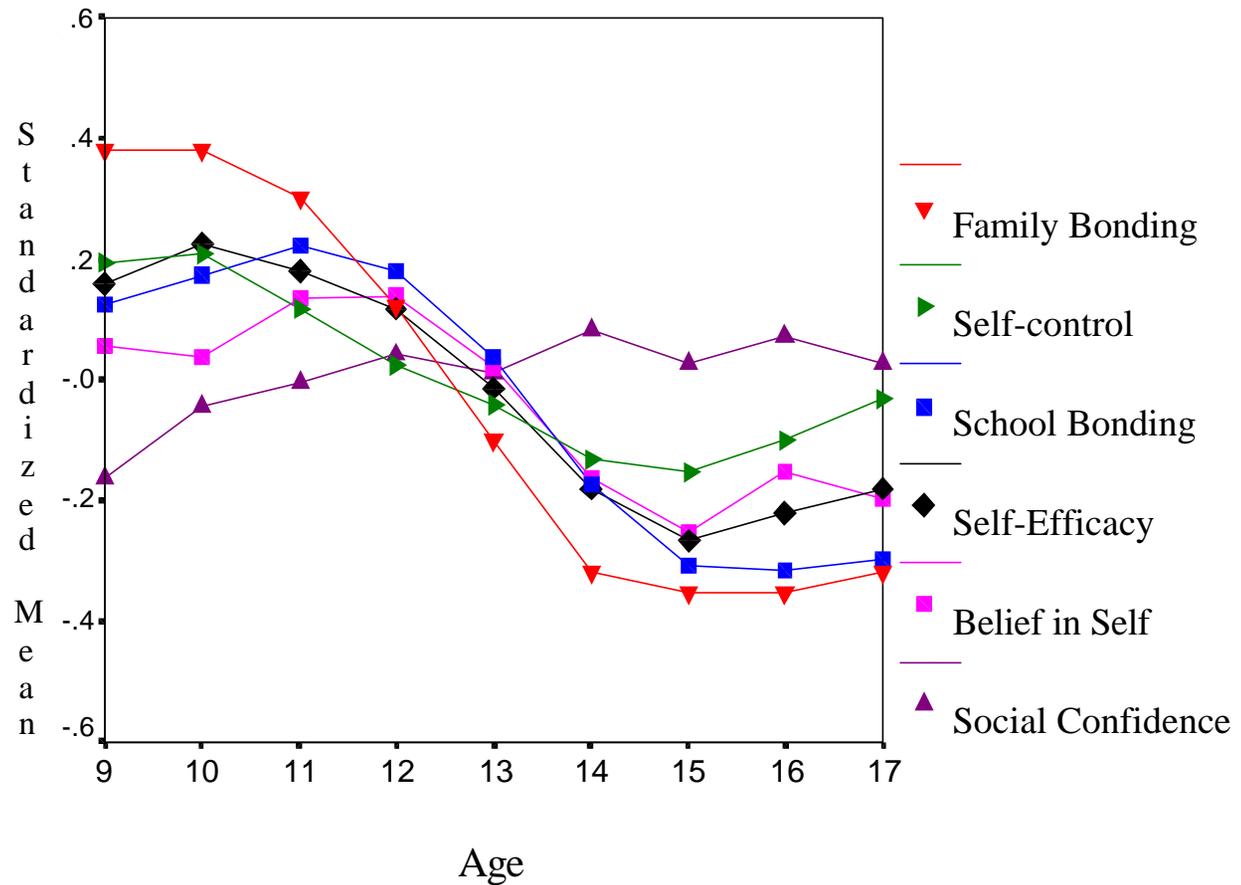
INTERNAL RISK AND PROTECTION BY AGE IN THE BASELINE SAMPLE

(n= 9,875)

More Protection



More Risk



Critical Role of Families

- The family is the social unit primarily responsible for child rearing functions.
- When families fail to fulfill this responsibility, the entire society suffers.
- Families are responsible for providing:
 - Physical necessities
 - Emotional support
 - Learning opportunities
 - Moral guidance
 - Building self-esteem and resilience



Critical Role of Families

- The family is the social unit primarily responsible for child rearing functions.
- When families fail to fulfill this responsibility, the entire society suffers.
- Families are responsible for providing:
 - Physical necessities
 - Emotional support
 - Learning opportunities
 - Moral guidance
 - Building self-esteem and resilience

CSAP Family PEPS (1998)

Effective Family Intervention Strategies

- 1. Parent training**
- 2. Family skills training**
- 3. Family in-home support**
- 4. Family therapy**

Principles of Effective Family-Focused Programs

There Is No One Best Family-Focused Program.

Select Programs Based On:

- **Ages of Children**
- **Cultural Appropriateness**
- **General Level of Family Needs
(Universal Low Risk Families)**

Specific Family Needs. Different Types of Family Interventions Are Used to Modify Different Risk and Protective Factors.

**For More Information on
Strengthening Families**

www.strengtheningfamilies.org